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ABSTRACT

This package consists of various bilingual instructional materials for use in helping Indochinese refugees learn basic food purchasing and food storage skills. Included in the package are a Vietnamese/English bilingual booklet explaining 12 secrets of wise food buying and translations of guidelines for keeping foods safe (English, Vietnamese, Lao) and storing foods in a refrigerator (English, Lao, Cambodian). (MN)

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ED264409

12 SECRETS OF SMART FOOD BUYING

KEEP FOODS SAFE

GUIDE TO REFRIGERATOR STORAGE

COOPERATIVE EXTENSION SERVICE
UTAH STATE UNIVERSITY, LOGAN

U.S. DEPARTMENT OF EDUCATION
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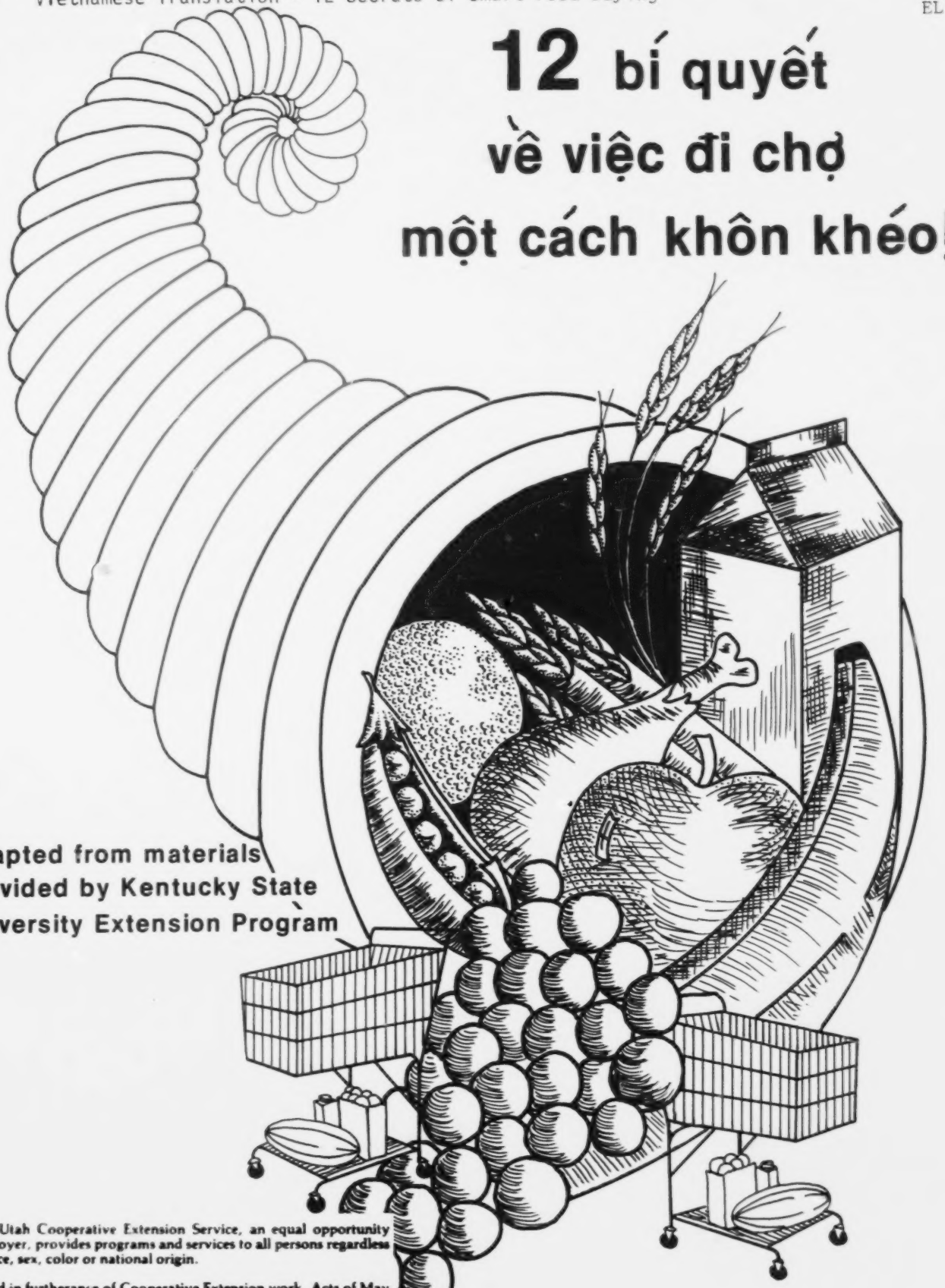
EL 205

12 bí quyết về việc đi chợ một cách khôn khéo!



Adapted from materials provided by Kentucky State University Extension Program

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Translated by Tuyet Seethaler - Refugee Programs

U.S.U. Cooperative Extension Service Utah State University, Logan, Utah 84321

1. Viết ra những gì bạn cần mua. Đọc những tờ quảng cáo về đồ ăn được hạ giá. Viết ra giá đặc biệt của những thức ăn được quảng cáo để bạn khỏi quên.

2. Đồ ăn ở siêu thị được bày bán theo mánh lới thương mại - món nào bán lời nhiều thì được bày lộ liễu để khách hàng dễ thấy hơn. Vì thế khi mua đồ bạn phải tìm kiếm những thứ nào bạn cần mua mà thôi.

3. Có nhiều hộp thức ăn trông thì lớn nhưng thực ra chứa ít thức ăn hơn hộp nhỏ. Hãy tìm chữ "Net Weight" có ghi số lượng đồ ăn chứa trong hộp để xem sức nặng thực sự của nó là bao nhiêu.

4. Có những chai dầu ăn hoặc xà-phòng nước vì hình thù khác lạ của nó nên rất khó cho bạn đoán được sức chứa của nó là bao nhiêu.

5. Khi thấy những món đồ được chưng bày và có nhãn hiệu quảng cáo ĐẶC BIỆT, bạn hãy xem giá tiền trên những món đồ ấy có đắt hơn giá tiền khi chúng được bày trên kệ không. Nhưng thùng chứa đồ vặt bày bán dưới đất đôi khi có những món rất đắt.

6. Thịt bày bán dưới ánh đèn màu hồng sẽ có vẻ tươi hơn thịt bày dưới ánh đèn thường. Để thịt dưới ánh đèn thường xem thịt có tươi thật không.

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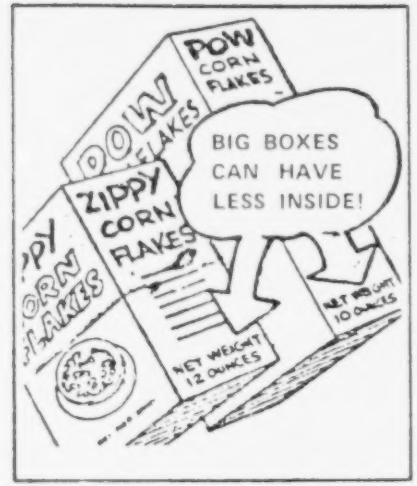
1. Make a shopping list . . . Read grocery ads for low sale prices. Write special prices on your list so you won't forget.

2. Stores make it easy to find the foods they make money on. Look around for the ones you want.



3. Some BIG packages have less than small ones . . . Look for the little numbers that show "net weight" . . . They tell how much is REALLY inside!

4. Some bottles have funny shapes. It's hard to tell how much they hold . . . Look for those small numbers. They may be hard to find.

5. Are there pink lights over the fresh meat? They may make meat look fresher. Ground beef may seem to have less fat. See how it looks under regular light.

6. Look at prices on SPECIAL displays. Do they cost more than regular shelf prices? Tubs and bins on the floor may have high-priced things in them.

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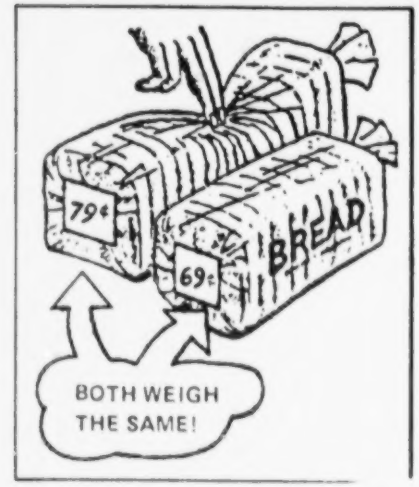
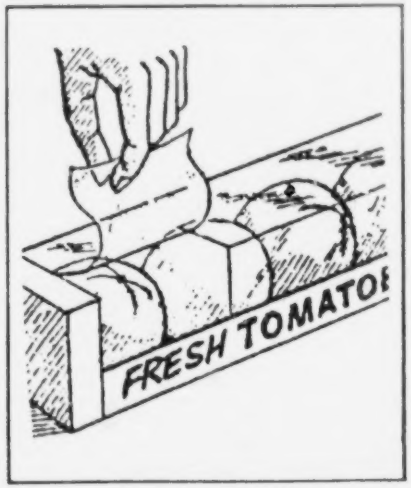
7. Thịt loại ít tiền chưa hẳn đã rẻ vì lắm khi nó có nhiều xương và mỡ. Coi chừng phía mỡ và xương bị gói dấu lại phía dưới để khách hàng không thấy được.

8. Bạn có thể quen mắt với một vài nhãn hiệu đồ ăn nổi tiếng, nhưng khi mua bạn nên tìm những thức ăn có mang nhãn hiệu riêng của bổn tiệm. Chẳng hạn như Albertson, Safeway đều có nhãn hiệu riêng của nó và sản phẩm cũng tốt chẳng kém lại bán rẻ hơn.



9. Bánh mì loại để làm "xăng - quích" nhiều khi trông to nhưng thực ra chỉ bọc nhiều hơi mà thôi. Đọc trên bao nylon xem sức nặng thực sự (Net Weight) của nó là bao nhiêu.



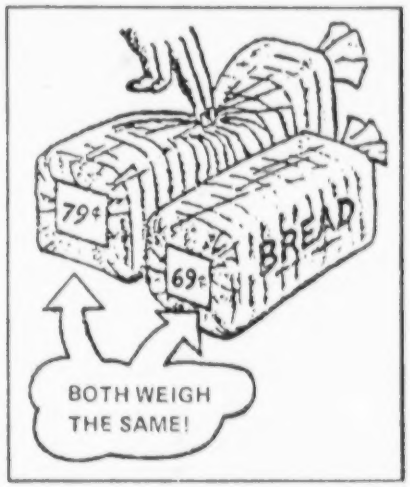
10. Kiểm xem cà-rốt, cà tô-mách và xúc-xích có bọc bằng bao nylon màu hồng hay không. Bao nylon màu hồng sẽ làm những thức ăn trên trông ngon lành hơn.

11. Lúc tính tiền, theo dõi coi nhân viên bán hàng có bấm lộn giá tiền không. Vì không ai làm sao nhớ hết được tất cả giá tiền của mỗi món đồ. Những món được hạ giá đôi khi không có để giá tiền trên hộp nên người tính tiền đôi khi tính gia bình thường cho bạn. Bạn sẽ bị thiệt.

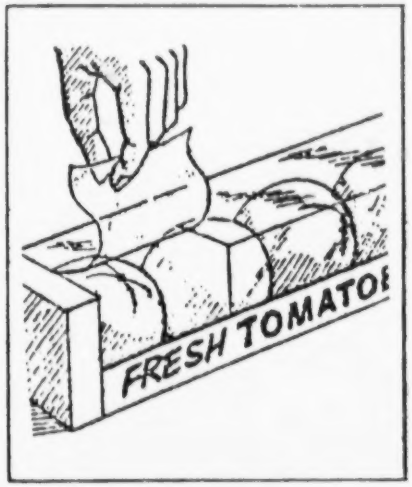
12. Đôi khi bạn muốn đổi hoặc trả lại món đồ bạn mua. Bạn cứ nói với nhân viên trong tiệm. Đa số họ sẽ đổi lại bạn cái khác hoặc trả tiền lại cho bạn nhưng bạn nên nhớ giữ giấy tính tiền.

7. Low-priced meat isn't always cheap. You may buy a lot of bone and fat . . . Does the best side show? Is the side you can't see mostly bone and fat?

8. Some brand names you know. But ask for the store's own brand, too. STORE brands may cost you a lot less. They're often just as good.



9. Is the "big" loaf full of air so it just looks bigger? READ THE LABEL. How much does a regular loaf weigh? Does the "big" loaf weigh more . . . or just the same?



10. Is there a pink plastic wrap on the tomatoes or carrots or franks? Look them over. The wrap may make food look better than it is.

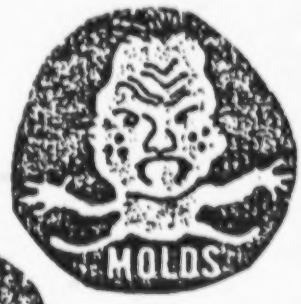
11. Does the checker call out every price? NO one can remember all the prices. SPECIAL prices often aren't marked on the can. Clerks may ring up a regular price instead. This can cost you money.

12. Sometimes you want to bring back what you buy. Tell the store. Most stores will give you back your money.

KEEP FOODS SAFE

WHAT MAKES FOODS SPOIL?

YEASTS, MOLDS, BACTERIA, CHEMICALS, DIRT OR FILTH



YOU CANNOT SEE ALL OF THESE BY LOOKING AT THE FOOD

SOME OF THESE ARE SEEN ONLY THROUGH A MICROSCOPE

HOW DO YOU KNOW WHEN FOODS ARE SAFE TO EAT?

IN THE HOME, YOU DEPEND UPON YOUR SENSES TO IDENTIFY SIGNS OF FOOD SPOILAGE

YOU CAN SEE: FUZZY PATCHES ON FOODS FORMED BY MOLD,
GAS BUBBLES RESULTING FROM YEAST ACTIVITY,
DIRT AND FLIES IN AND ON FOOD,
LEAKAGE AND PUNCTURES IN CANS OF FOOD,
WILTED VEGETABLES, BULGING CANS.

YOU CAN TASTE OFF-FLAVORS

YOU CAN SMELL OFF-ODORS

YOU CAN FEEL
SOFT FRUITS, STICKY OR SLIMY MEATS OR VEGETABLES

Adapted from materials by Ohio State University

Cooperative Extension Service
Utah State University • Logan

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BEWARE: POISONING TOXINS CANNOT BE SEEN, TASTED, OR SMELLED SO FOLLOW RECOMMENDATIONS FOR CARE AND STORAGE OF FOOD TO KEEP FOOD SAFE.

CLEANLINESS RULES:

Wash fresh foods well.

Keep hands washed when handling food.

Use clean utensils.

Keep the refrigerator clean.

Avoid coughing or sneezing on food.

Keep cupboard shelves clean.

Avoid handling foods with cuts or sores on hands.

TEMPERATURE RULES:

Refrigerate fresh foods quickly.

Keep refrigerator temperature at 35° to 40° F.

Avoid long storage times.

Refrigerate leftovers quickly.

Do not refreeze thawed frozen foods.

Cook frozen foods without thawing.

Heat foods to boiling temperature before serving

PROTECT FOOD FROM AIR, FLIES, PANTRY PESTS, RODENTS

BY USING:

Aluminum foil

Covered jars

Metal tins

Plastic bags

Covered bowls

Waxed Paper

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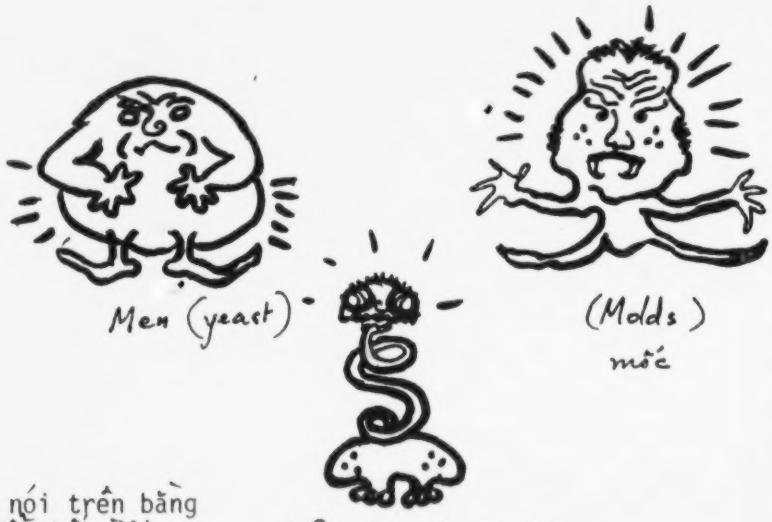
Keep Food Safe - Vietnamese translation by Tuyet Seethaler

GIỮ CHO ĐỒ ĂN ĐƯỢC AN TOÀN

NHỮNG GÌ LÀM HỎNG ĐỒ ĂN? Men, mốc, vi trùng, các chất hóa học, bụi bặm...



Bạn không thể nhìn thấy những vật nói trên bằng mắt thường. Có vài thứ trên có thể thấy được qua kính hiển vi.

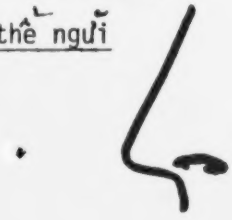
LÀM THẾ NÀO BẠN BIẾT ĐƯỢC NHỮNG ĐỒ ĂN NÀO ĐƯỢC AN TOÀN TRƯỚC KHI ĂN?

Trong nhà, bạn căn cứ vào giác quan của bạn để nhận thức những dấu hiệu khi đồ ăn bị hư.

<u>Bạn có thể thấy</u>: những đề mốc meo, bọt nổi lên do sự lên men, bụi bặm và ruồi trên đồ ăn, hộp đồ ăn bị rỉ nước hoặc thủng lỗ, hộp bị phù ra như sắp nổ, rau cải bị héo úa thối rữa, v.v..

<u>Bạn có thể nếm</u>

<u>Bạn có thể ngửi</u>



Bạn có thể sờ, mó trái cây quá mềm, nhão hoặc thịt, rau bị nhớt nhớt

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COI CHỪNG NHỮNG CHẤT ĐỘC MÀ BẠN KHÔNG THỂ THẤY, NẾM, HOẶC NGỬI ĐƯỢC, THẾ NÊN BẠN NÊN NGHE THEO LỜI CHỈ DẪN VỀ VIỆC GIỮ GÌN ĐỒ ĂN CHO ĐƯỢC AN TOÀN.

SỰ SẠCH SẼ-

Những điều nên nhớ:

- Rửa thật sạch tất cả các đồ ăn tươi.
- Khi làm đồ ăn phải rửa tay sạch sẽ.
- Những đồ dùng để nấu ăn phải được rửa sạch.
- Giữ tủ lạnh cho sạch sẽ.
- Đừng ho hoặc nhảy mũi trên đồ ăn.
- Giữ tủ kệ đựng đồ ăn cho sạch.
- Khi tay bị đứt hoặc lở, tránh đụng nấu ăn.

NHIỆT ĐỘ-

Những điều nên nhớ:

- Bỏ đồ tươi vào tủ lạnh ngay sau khi đi chợ về.
- Giữ nhiệt độ, trong tủ lạnh khoảng từ 35 đến 40° F.
- Đừng trữ đồ ăn quá lâu.
- Không nên bỏ những đồ ăn đã tan đá trở vào tủ đông đá.

TRÁNH SỰ XÂM NHẬP CỦA KHÔNG KHÍ, RUỒI, GIÁN, CHUỘT BỌ

BẰNG CÁCH DÙNG:

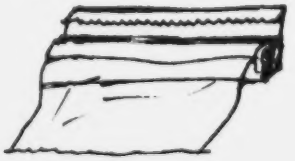
Giấy nhôm

Lọ có nấp đậy

Hộp thiếc

Bao ni-lông

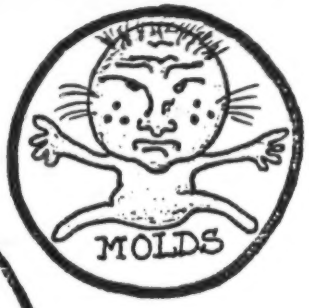
Chén, hủ có nấp



Giấy kiếng

ตาจึงรักสา อาหาม ให้สอาด และปอดไพ ๆ.

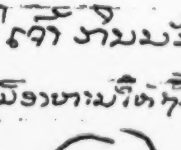
* แม่มหยังที่พาให้อาหามเมี่า?

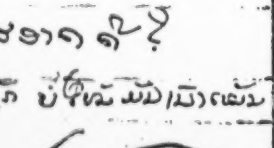


เจ้าบ่สามาดเห็นดอ้ยตา เยิงดอกอ่าอาหาม
น้ำหยาด. หยาดจึงก่อนำตาจึงเยิ่งดอ้ย
กล้าสอ่ง (MICROSCOPE).

ดอ้ยเหดใด เจ้าดจึงจำอ่าอาหามที่เจ้ากินมื้อสอาดแด่?

ผ่เรื่องเจ้าดา. มื้อนี้สอนเจ้าดูจาว่าปัดตนผู้สึกมุมีอาหามที่ดีกินหูก บ่ที่หื้อมีเมิงเฒ่น
เจ้าสามาดหาวิดีอ่า:
- อาหามบูด หยื้อหยิ่งดาวกวน.
- อาหามเปื่อยผุย หยื้อกินี้ถ่า
- ไข่ป่น หูเปื่อย ปิ้งมาดกินี่ส่.
- กะปิ ผลไม้ ผักเกิด
- ยัดผักใส่กะปิ้งที่ดีหื้อเฒ่นไพ





เจ้าสามาดจุ่มลิดจุาดต่าง ๆ

เจ้าสามาดดมกิ่น
ต่าง ๆ

เจ้าสามาดสัมผัส:
หยากไม้หยิ่ม. เยิ่งย. ฮูจุ่นเล้, ฮูผ้าต่าง ๆ
ก็เหมือเยิ่งเล้เหมือนกัน

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ล: วัง: อาหาร เป็ง เมื่อ อาย ย่ สูญเสีย เหม็น ได้, สีจาง, หลี ตาม ตาง. ดั่ง นั้น เรา ควร ระ มัด ระ วัง รักษา และ ดูแล อาหาร. เพื่อ ให้ อาหาร สด อยู่ ได้.

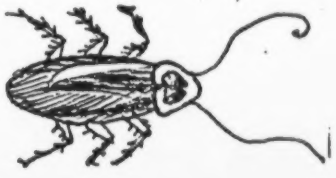
หลัก การ รักษา ความ สะอาด.

- ล้าง อาหาร ให้ สะอาด.
- ล้าง มือ ก่อน จับ อาหาร หรือ หลัง สัมผัส ของ สก ปรก
- ปิด ภาชนะ ที่ ใส่ อาหาร ให้ มิด ชิด.
- รักษา ภาชนะ ที่ ใช้ ให้ สะอาด.
- ไม่ ให้ แมลง หรือ สัตว์ ต่าง ๆ ไป ตอม อาหาร.
- รักษา สถาน ที่ ที่ ใช้ ให้ สะอาด.
- ไม่ ให้ เหลือ อาหาร ค้าง คืน หรือ ทิ้ง ไว้ นาน เกิน ไป.

หลัก การ ถนอม อาหาร ง่าย ๆ (ด้วย ตน เอง)

- เลือก อาหาร ที่ สด ใหม่ ไม่ เน่า เสีย ก่อน ใช้
- รักษา อาหาร ให้ ร้อน อยู่ เสมอ หรือ เย็น อยู่ เสมอ เช่น ต้ม ให้ เดือด นาน 15 นาที ขึ้น ไป.
- ปิด ฝา ภาชนะ ให้ มิด ชิด อยู่ เสมอ.
- เก็บ อาหาร ไม่ ให้ ถูก แสง แดด.
- ไม่ ควร ทิ้ง อาหาร ค้าง คืน.
- อาหาร ที่ สุก แล้ว ถ้า ไม่ ได้ เก็บ ไว้ ใน ตู้ เย็น ควร ต้ม ให้ สุก ทุก วัน เช่น ข้าว ต้ม ผัด ต่าง ๆ ก่อน ที่ จะ เน่า เสีย.

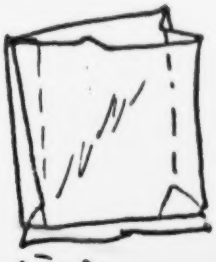
ปัจจัย ที่ ทำ ให้ อาหาร เกิด การ เน่า เสีย - แมลง ต่าง ๆ, เชื้อ รา หรือ หนู และ สัตว์.



ตัว แมลง สาบ

การ ดู แล ที่ สะอาด

รักษา ร่าง กาย ให้ สะอาด



ถุง ผ้า

ภาชนะ ที่ ปิด มิด ชิด

เชือก ผ้า มัด

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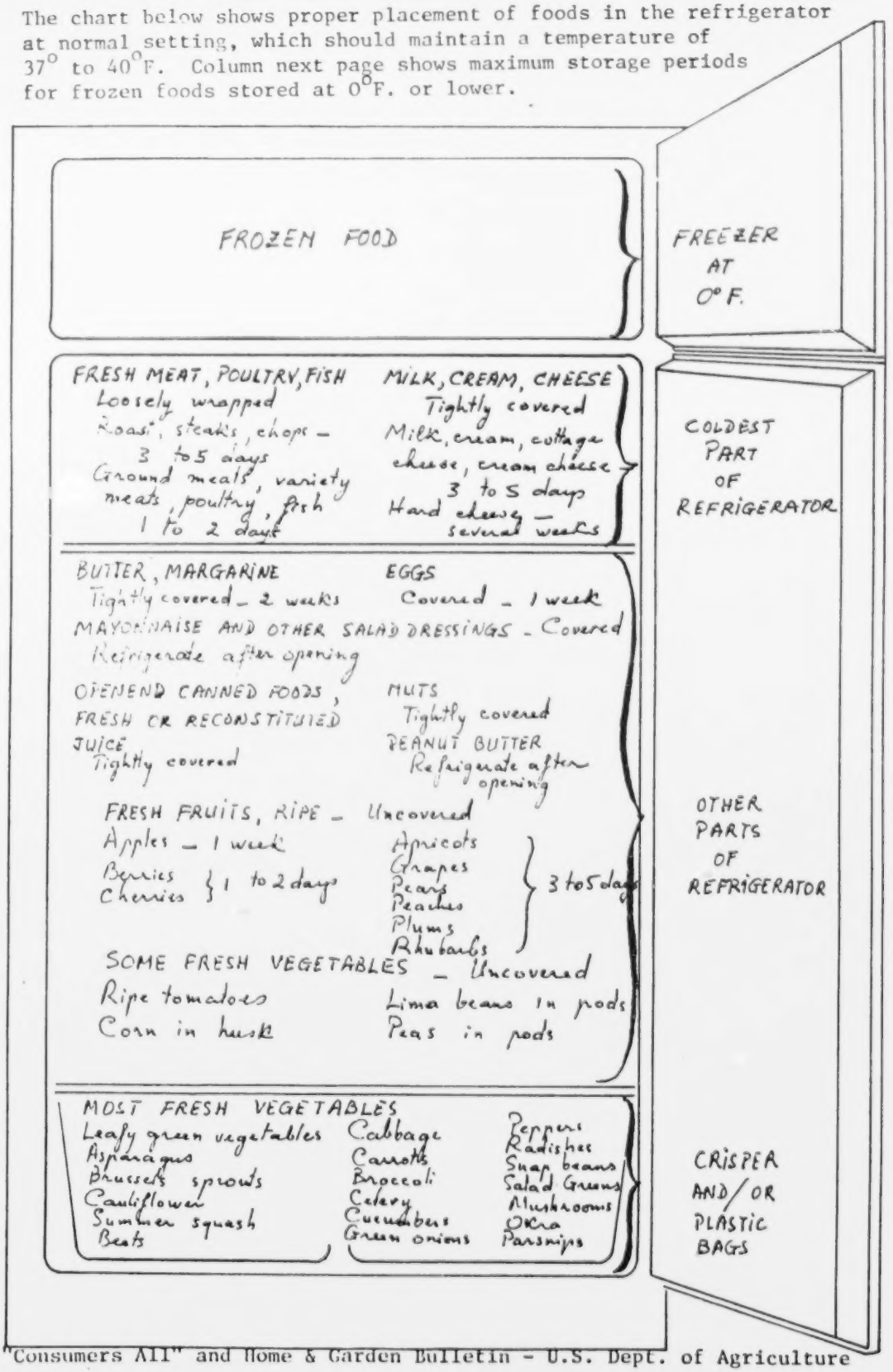
GUIDE TO REFRIGERATOR STORAGE EL 205 R3

The chart below shows proper placement of foods in the refrigerator at normal setting, which should maintain a temperature of 37° to 40°F. Column next page shows maximum storage periods for frozen foods stored at 0°F. or lower.


FROZEN FOOD
FREEZER AT 0° F.
FRESH MEAT, POULTRY, FISH
Loosely wrapped
Roast, steaks, chops – 3 to 5 days
Ground meats, variety meats, poultry, fish 1 to 2 days
MILK, CREAM, CHEESE
Tightly covered
Milk, cream, cottage cheese, cream cheese 3 to 5 days
Hard cheese – several weeks
COLDEST PART OF REFRIGERATOR
BUTTER, MARGARINE
Tightly covered – 2 weeks
EGGS
Covered – 1 week
MAYONNAISE AND OTHER SALAD DRESSINGS – Covered
Refrigerate after opening
OPENED CANNED FOODS, FRESH OR RECONSTITUTED JUICE
Tightly covered
NUTS
Tightly covered
PEANUT BUTTER
Refrigerate after opening
FRESH FRUITS, RIPE – Uncovered
Apples – 1 week
Berries, Cherries } 1 to 2 days
Apricots, Grapes, Pears, Peaches, Plums, Rhubarbs } 3 to 5 days
SOME FRESH VEGETABLES – Uncovered
Ripe tomatoes
Corn in husk
Lima beans in pods
Peas in pods
OTHER PARTS OF REFRIGERATOR
MOST FRESH VEGETABLES
Leafy green vegetables, Asparagus, Brussels sprouts, Cauliflower, Summer squash, Beets
Cabbage, Carrots, Broccoli, Celery, Cucumbers, Green onions
Peppers, Radishes, Snap beans, Salad Greens, Mushrooms, Okra, Parsnips
CRISPER AND/OR PLASTIC BAGS

Sources: "Consumers All" and Home & Garden Bulletin – U.S. Dept. of Agriculture

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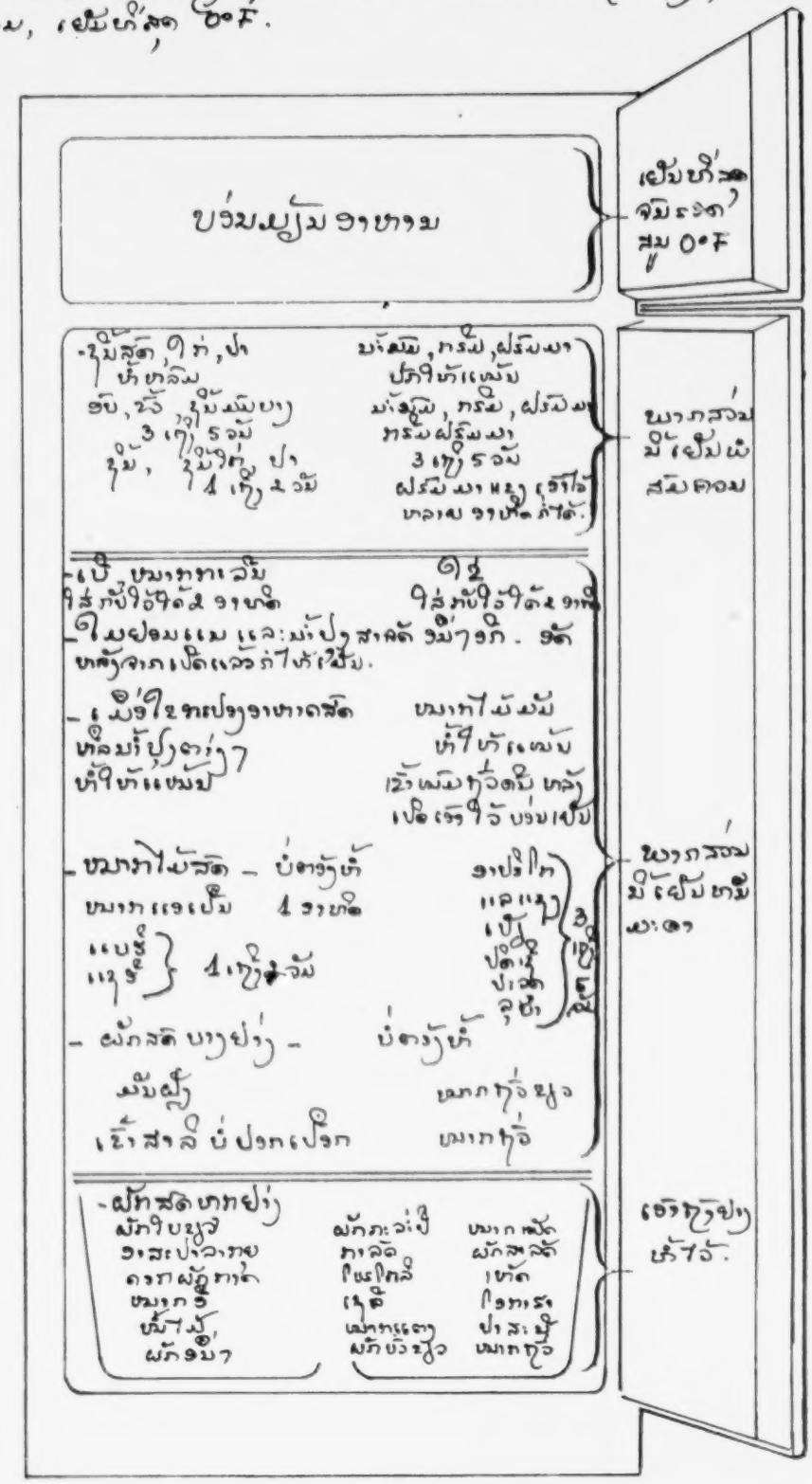
ການແນະນຳ ເກັບເຄື່ອງໃຈ້ໄວ້ໃນຕູ້ເຢັນ

ຕາຕະລາງ ບອກຢ່ານນີ້ ຖືກຮ້ອງ ເວົ້າ ເຄື່ອງ ແຕ່ ລະ ຢ່ານ ແລະ ສະພາ ຖືກ ຕ້ານ ຢ່ານ ຕ້ານ ຢ່ານ ຄວນ ຢ່ານ ເຢັນ ເກີ 32° ຫາ 40°F ຢ່ານ ເລັ່ນ ຮ້ອ. ຖ້ານ ເກີ ສຸດ ແມ່ນ ບ່ອນ ໝູ້ ຢ່ານ, ເປັນ ທີ່ ສຸດ 0°F.



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Cooperative Extension Service
Utah State University • Logan

LAO translation by Inh Simoukda

GUIDE TO REFRIGERATOR STORAGE EL 205 R3B

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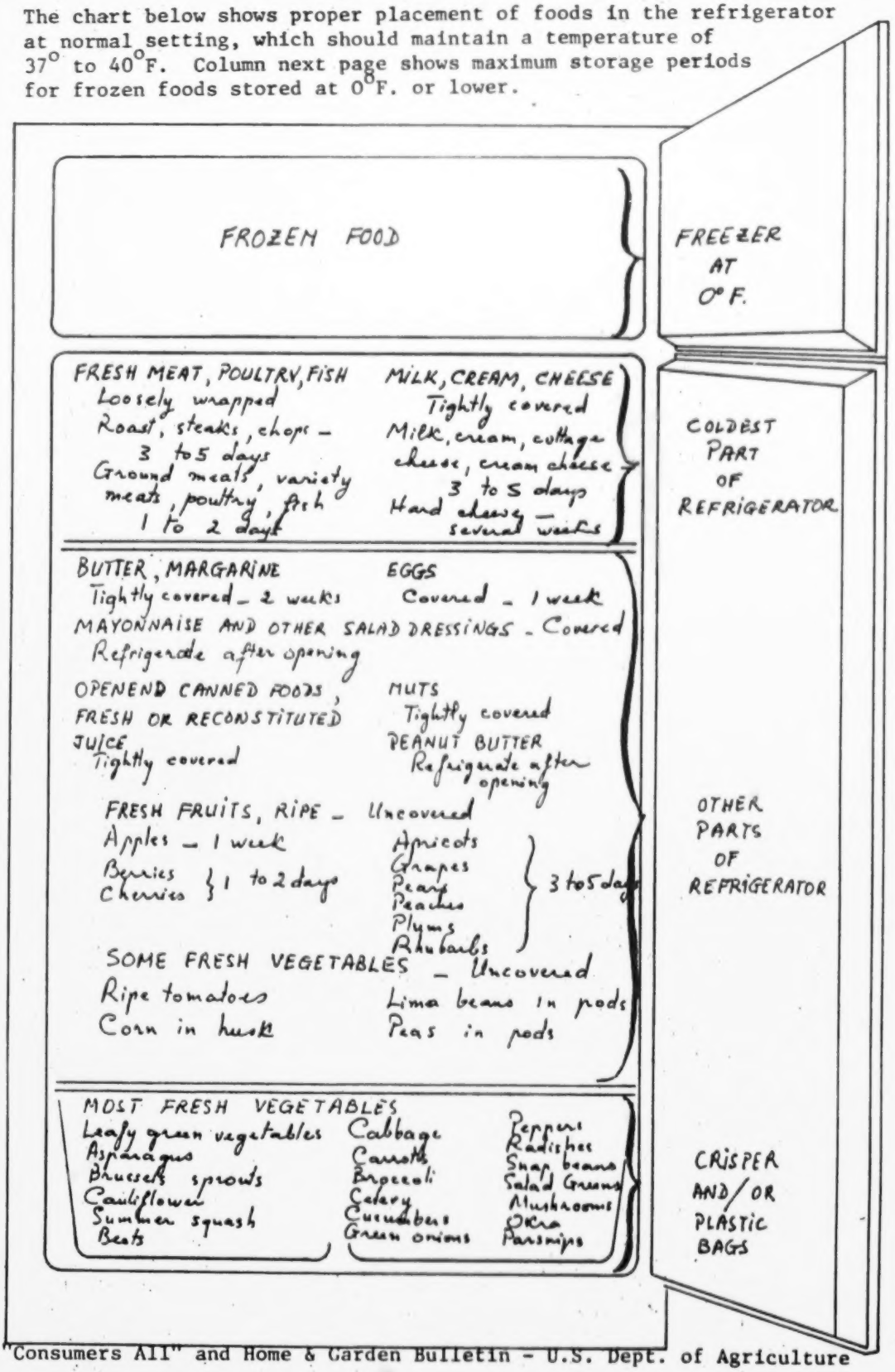
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Cabbage, Carrots, Broccoli, Celery, Cucumbers, Green onions
Peppers, Radishes, Snap beans, Salad Greens, Mushrooms, Okra, Parsnips
CRISPER AND/OR PLASTIC BAGS

Sources: "Consumers All" and Home & Garden Bulletin - U.S. Dept. of Agriculture

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CAMBODIAN TRANSLATION
by
U.S.C.C. Interpreter
Cooperative Extension Service
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